

Spinach Wraps

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Usually made with the spelt tortillas.

Ingredients

- 1 cup onion, minced
- 8-10 garlic cloves, minced (can also add powdered garlic for more garlicky flavor)
- 1 tsp salt (additional to taste if needed)
- 2 bunches spinach, sliced into strips
- 3/4 tsp dried thyme or 1 1/2 tsp fresh thyme
- 10 oz French lentils
- 1-2 tsp cider vinegar
- ~1/4 cup pine nuts, slightly crushed
- 1 tsp veggie broth paste
- Olive oil
- Water

Directions

1. Saute half the garlic and all the onion in some olive oil with salt.
2. Add thyme and saute a bit more, then add lentils and mix.
3. Add 3 cups of water, veggie broth paste, vinegar, and pine nuts. Simmer, stirring regularly and adding a bit more water as needed, until lentils are soft.
4. Saute the rest of the garlic and the spinach separately in some olive oil. Adds it to the lentil mix toward the end and continue cooking until the mixture is dry enough to put into wraps.
5. Fill each wrap with filling and roll up. Serve warm or cold.

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